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Co-parenting with Your Ex[©]



Brief Outline of Co-Parenting with Your Ex ©

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A 6 week class, 2 hours per week for 12 hours

Cost: \$400 per parent

Class 1: Parenting skills, Effect of Conflict on children.

Class 2: Restructuring the Relationship — from intimate to business-like.

Class 3: Managing Anger and using Cognitive techniques.

Class 4: Allowing my child to love both parents.

Class 5: Taking control of conflict.

Class 6: Negotiations: conduct a business meeting with your co-parent.